

## **Diet After Insertion of a Large Intestine (Colon/ Rectum) Stent**

### **Why is diet important after insertion of a bowel stent?**

- To ensure you are meeting your body's nutrient needs for energy and bowel function.
- To allow stool to go through the bowel easily and prevent constipation.
- To reduce the risk of the stent becoming blocked with stool.
- To prevent side effects of a blocked stent which may include: abdominal pain, nausea, vomiting, and even hospitalization.

### **Diet recommendations are:**

- Do not skip meals. Eat at least 3 times each day.
- Plan healthy meals and snacks ahead of time.
- Include foods from each food group according to Eating Well with Canada's Food Guide.
- Do not limit your calorie intake.
- Chew all food very well.
- Drink plenty of fluids. Aim for at least 8 cups of fluid every day.
- Avoid foods that are very high in fibre (see list).
- If you have trouble eating regular portions of food, try eating smaller more frequent meals and snacks.

### **Other helpful hints:**

- Your doctor will likely prescribe laxatives or stool softeners to ensure regular, soft bowel movements. Your goal should be to have at least 1-2 soft, paste-like stools daily.
- Do not use a fibre supplement such as Metamucil or Benefibre.
- Avoid straining when having a bowel movement.
- Be active every day.
- Every person is unique in how they tolerate foods. Choose foods that you tolerate best and enjoy.

<b>Food Group</b>	<b>Include</b>	<b>Avoid (or Limit)</b>
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<b>Grain Products</b>	White bread/buns/ crackers, plain bagels, English muffins Refined cereals such as Cornflakes & Special K Oatmeal or barley (3/4 cup serving or less) White rice/pasta, plain biscuits or cakes	Whole grain bread/buns/ crackers, Breakfast cereals with more than 3 grams of fibre per serving, Brown/wild rice, fibre- enriched or whole- wheat pasta, bran
<b>Vegetables &amp; Fruit</b>	<b>Peel vegetables and fruit whenever possible</b> Potato, pumpkin, zucchini, cauliflower, broccoli tips, tomato, cucumber, lettuce, asparagus spears, mushrooms, Vegetable & fruit juices	Dried fruit, persimmons, coconut pulp, artichokes, whole kernel corn “Stringy” vegetables & fruit such as celery, pineapple, or mango, Raw vegetables & fruit more than 1/2 cup per meal/snack
<b>Milk Products</b>	All varieties of milk, yogurt, cheese, ice cream, sherbet, pudding, custard	Milk products containing dried fruit, nuts or coconut
<b>Meat &amp; Alternates</b>	Any tender/soft meat, poultry or fish Eggs Tofu Smooth nut butters	Gristly meat, baked beans, lentils, soy beans, kidney beans, lupini beans, nuts & sunflower/pumpkin seeds, Chunky nut butters
<b>Miscellaneous</b>	Non-hydrogenated margarine, butter, mayonnaise, salad dressing, sugar, honey, syrup, gravy, herbs, spices	Popcorn, pickles, olives, marmalade

